

Spit tobacco is not a safe alternative to smoking.

It contains many of the same
poisonous chemicals found in
cigarettes. Using spit tobacco
may lead to an increased
risk of heart attack and
stroke and can cause
cancer, tooth decay,
face disfiguration —
even death.

Make the Call to
Quit Tobacco Today!

**FREE SERVICE.
FREE CALL.**

MONTANA TOBACCO

QUIT *LINE*
1-800-QUIT-NOW

1-800-QUIT-NOW

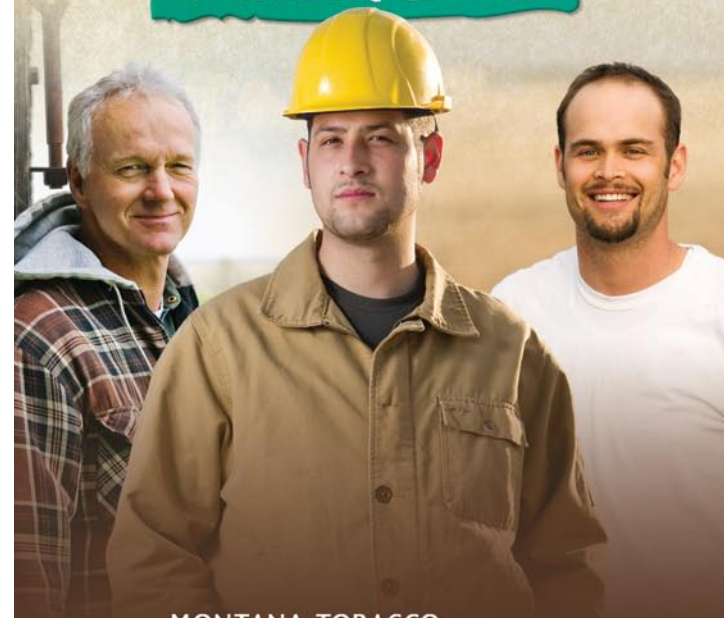


MONTANA TOBACCO
QUIT *LINE*
1-800-QUIT-NOW

a **FREE** service
for all Montanans

YOU CAN QUIT¹

**SPIT
TOBACCO**



MONTANA TOBACCO

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Compared to cigarettes, spit tobacco delivers five times as much nicotine. In spite of this highly addictive chemical, **YOU CAN QUIT.** The Montana Tobacco Quit Line offers free help for tobacco users. Studies show that coached tobacco users are 10 times more successful at quitting tobacco than those who try to quit alone.

What is the Montana Tobacco Quit Line?

The Montana Tobacco Quit Line is a free program designed to help tobacco users fight their addiction.

The service provides the following:

- **A FREE telephone service for all Montanans**
- **A FREE personalized quit plan**
- **FREE cessation coaching and nicotine replacement therapy, if appropriate, for cigarette and spit tobacco users**
- **FREE educational materials for friends and family members of tobacco users**
- **Health care providers can also call for FREE information or assistance in helping their patients quit tobacco**
- **Trained staff that offers culturally appropriate services for American Indians, including the understanding of the sacred use of tobacco**
- **Additional cessation medications available at a reduced cost**

The Montana Tobacco Quit Line is staffed with qualified quit coaches that include registered nurses. RNs are available to work with clients that have chronic diseases such as asthma, heart disease and mental health issues. The Tobacco Quit Line also staffs coaches who specialize in teen smoking, spit tobacco, prenatal smokers, stress reduction and weight loss and exercise programs.

Why You Should Quit

Using spit tobacco can cause:

- oral cancer
- nicotine addiction
- teeth staining
- teeth abrasion
- face disfiguration
- death
- tooth decay
- pancreatic cancer
- bad breath
- gum disease
- leukoplakia (white sores in mouth)

Quitting allows you to:

- live a longer, healthier life
- save money (spit tobacco users spend an average of \$2,000 a year)
- lower your risk of heart attack, stroke or cancer
- have more energy and breathe easier



Call the Montana Tobacco Quit Line Today!

Monday – Thursday
7 a.m. to 9 p.m.

Friday
7 a.m. to 7 p.m.

Saturday – Sunday
8 a.m. to 4:30 p.m.

We have 24-hour voice mail,
so please leave us a message.
We Will Call You Back!

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Montana Tobacco Use Prevention Program
Department of Public Health & Human Services